



Making Connections • Staying Active • Living Well

March	Visit us at www.mastickcenter.com	2019
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MSCAB Fundraising Activities

The Mastick Senior Center Advisory Board (MSCAB) is the active administrative advisory committee for the Center. MSCAB members along with Center volunteers are instrumental in facilitating various fundraising programs to generate revenue to offset services and facility maintenance expenses.

Join the fun as a volunteer or participant!

Saturday Fundraising Bingo

(Open to the public, 18 years of age and older)
Doors open at 9:30 am/First game at 11:00 am

Thrift Shop (Open to the public)

Tuesday & Saturday.....10:00 am to 2:00 pm

Is Your Membership Current?

Individuals participating in programs offered at Mastick Senior Center are required to be members of the Center. For this period (FY 18-19), members should possess a BLUE membership card. Membership is free and available to individuals 50 years of age and older. Members are required to show their membership card when registering for classes or upon request by staff or instructors. **Registration forms are available in the Mastick Lobby.** Thank you for registering today!

Have You Had Lunch at Mastick Lately?

Why cook when you can enjoy a delicious lunch prepared by Spectrum Community Services! Lunch is served Monday through Friday at 12:00 in Dining Room I. This meal is available to individuals 60+ years of age for a suggested **donation** of \$3.75. Reservations are required and can be made Monday through Thursday, 11:15 am to 12:00 in Dining Room I or by calling 747-7503.

Free Tax Preparation Services @ Mastick

AARP Tax Assistance Program volunteers are providing *free* tax preparation services to low and middle income individuals with special attention to those 60 and older. To schedule an appointment, please call **747-7501** or visit the Mastick Lobby between 9:00 am and 3:30 pm. ***If you are uncertain whether you need to file a tax return, a tax volunteer is available to assist you on Mondays from 1:00 pm to 2:00 pm in Room E.*** This program is sponsored by AARP, IRS, Franchise Tax Board and the MSCAB.

Computer Classes & More

Computer instruction is offered at 1:00 pm in Room C. To register, visit the Mastick Office or www.alamedaca.gov/recreation. Bring a flash drive.

Windows 10 OS (Class #6833)

Tuesdays, March 5 -26.....\$43

Google (Class #6942)

Tuesdays, April 2 – May 7.....FREE

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**Teens Teaching Technology—FREE**

**Thursday, March 21, 4:00 pm - 5:00 pm**

ARPD Teens will assist you with your portable devices: tablets, smart phones, and laptops. Bring device(s) with you! To register, call 747-7506.

**Tech Help with Jiten Patankar--FREE**

**Mondays, 11:00 am - 12:00, Mastick Office**

Assistance with smart phones, iPads/tablets, and laptops. Bring your portable device(s)! To register, call 747-7506.

In Memory...

**Phyllis De La Vergne, Filomena Estrada,  
Robina Kaer, and Doralyn Poirier**

Our condolences to family and friends.

**Health Insurance Counseling Advocacy  
Program (HICAP) and  
Legal Assistance for Seniors (LAS)  
Workshops**

HICAP and LAS will provide *free* community education presentations on Tuesdays at 1:00 pm in Room D:

**March 5:** Financial Assistance: How to Get Help with Health Care Costs

**March 26:** The ABCs of LTC: An Overview of Long Term Care

**April 23:** Keeping Elders Safe: An Overview of Elder Abuse and Legal Remedies

**May 7:** Seniors' Guide to Public Benefits

**June 4:** Consumer Fraud: Scams Targeting Seniors and Tips for Protection and Prevention

**June 25:** Basic Housing Rights

To register, please call 747-7506 or visit the Mastick Office.

**Mastick Book Club**

On **Tuesday, March 5**, Book Club members will review "The Old Man and the Sea" by Ernest Hemingway at 12:00 in Dining Room 2. "My Name is Lucy Barton" by Elizabeth Strout will be reviewed on April 2.

**Music Appreciation with Glenn Fong**

On **Thursday, March 7**, at 1:00 pm in DR 2, join Glenn Fong, Volunteer, for a piano/vocal presentation of songs from the Great American Songbook featuring songs of ladies' names and Saint Patrick's Day.

**Mastick Movie Schedule**

Enjoy the **Mastick Movie Matinee** and *free* popcorn every **Thursday** at 1:00 pm in the Media Room. The schedule is as follows:

March 7.....Mission: Impossible ~ Fallout

March 14.....I Feel Pretty

March 21.....A Star is Born

March 28.....Chances Are

**Spring Forward in March!**

Daylight Saving Time arrives on **Sunday, March 10**, and serves as a reminder to set clocks ahead one hour. This is a reminder to replace batteries in smoke/carbon monoxide detectors, remote controls, and other electronic devices.

**Pickleball Clinics**

**Saturday, March 9, Lincoln Park**

**Learn to Play! (Class #7219)**

**9:00 am - 11:00 am**

**Pickleball Skills (Class #6969)**

**11:00 am – 1:00 pm ~ Cost: \$28 per clinic**

Marcia Neishi, Certified Instructor, will guide you from the very basics to having fun in a game environment. Enjoy a lifetime of fun on the court with the fastest growing sport among the 50+ crowd.

**English as a Second Language (ESL)**

**Tues., March 12 – April 30, 10:00 am – 12:00**

**Room D ~ Cost: \$23 (Class #6838)**

Designed for non-native English speaking individuals. Emphasis on listening, speaking, pronunciation and writing. **Register at the Mastick Office.**

**Jewelry Sale in the Mastick Lobby**

On **Wednesday, March 13**, 10:00 am to 2:00 pm, the Mastick Thrift Shop will be selling gently used jewelry in the Mastick Lobby!

**New Medicare & Medi-Cal Benefits**

**Wed., March 13, 1:00 pm, Media Room**

Join Dr. Abhas Gupta, Calyx Advantage, to learn about new 2019 benefits available for participants with dual eligibility (Medicare & Medi-Cal). Sponsored by Calyx Advantage. **Registration required, please call 747-7506.**

**New Member Orientation**

The New Member Orientation offers a guided-tour to introduce you to the Center, an information packet outlining the various programs and services and a coupon for a complimentary lunch! Join us on **Thursday, March 14**, at 10:30 am in the Game Room. **Registration required, please call 747-7506.**

**Register for Summer Classes...**

Effective **Monday, March 18** at 7:45 am, members may begin registering for classes. Start early by visiting **[www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation)**. Otherwise, staff will be available to assist you in the Mastick Office at 9:00 am.

**Spanish for Beginners (Class #6898)**

On **Mondays (March 18 – May 6)** 9:00 am – 10:00 am in Room D, join Juanita Palkovic, Instructor, to learn Spanish in an interactive and relaxed atmosphere with a focus on listening, speaking, reading and writing. Cost: \$35. **Register at the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).**

**Maintain Your Brain**

**Tues., March 19, 1:30 pm, Dining Room 2**

Join Jacque Martin, PhD to learn strategies for slowing cognitive decline. Topics will include learning about brain function, what cognitive decline is, how it has increased throughout the world and what you can do to slow its effects. **Registration required, please call 747-7506.**

**Bike Theft Prevention**

**Tuesday, March 19, 1:30 pm, Room D**

Learn how to protect your bike from theft! Topics include: locking techniques, secure parking options, bike registration, and tips on how to recover a stolen bike. Every attendee will receive a free starter card for the BikeLink system of secure lockers with \$5 value pre-loaded. This workshop is made possible via a partnership with the City of Alameda. Sponsored by Bike East Bay. **Registration required, please call 747-7506.**

**Fort Bragg & Mendocino (Class #7221)**

**May 14-16, 2019 - \$650/single, \$550/double  
Payments due March 20, 2019**

No refunds after April 1<sup>st</sup>, 2019.

Highlights: Visit MacKerricher State Park and Glass Beach, tour historic Mendocino and the Mendocino Inn, Pudding Creek Express Skunk Train, Mendocino Coast Botanical Gardens, and more! Kayaking for the more adventurous (additional fee). Accommodations, meals, transportation, and most activities included. **Register in the Mastick Office.**

**Emergency Preparedness**

**Wed., March 20, 1:00 pm, Media Room**

Ready for the Big One? Learn about the resources available in a regional disaster and how you can best prepare for the inevitable. Sponsored by Elders Village and AEC Living. **Registration required, please call 747-7506.**

**Diabetes Support Group**

The Diabetes Support Group, provided by the Alameda Co. Public Health Dept. Diabetes Program, meets at 10:00 am – 12:00, Room D on the fourth Wednesday of alternating months (**March 27**). To learn more, call 383-5185.

**Local Day Trip Program!**

To learn about Extended Travel opportunities or monthly trips, contact Ed Kallas, RS I, at [ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov) or 747-7511. Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.

**Current travel opportunities include:**

**Monet at the de Young Museum (Class #7051)**

**Thursday, March 21, 8:30 am – 3:30 pm**

**Cost: \$65 (Meal Included)**

**Activity Level: Moderate Movers (Up to two blocks of walking at a time)**

Enjoy a docent-led tour of "Monet: The Late Years". The exhibition features fifty paintings by Claude Monet dating from 1913 - 1926. Lunch at the Basque Cultural Center.

**UC Santa Cruz Arboretum (Class #6978)**

**April 12, 8:00 am – 5:00 pm**

**Cost \$66 (Meal Included)**

**Activity Level: Challenging Chargers (Up to five blocks of walking at a time)**

Enjoy a docent-led tour of fantastic flora and fauna and an opportunity to explore on your own. Then, a delicious meal at the The Crow's Nest on the water.

**Funding provided, in part, by Measures B/BB.  
Administered by Alameda County  
Transportation Commission (CTC).**

**BaM: Balance and Mobility Fitness**

**Th., March 21 – April 4, 1:15 pm – 2:05 pm,  
Room A ~ Cost: \$5 per class**

Join Dan Mark, Instructor, and learn how to improve balance, stability, mobility, and posture through core strengthening. Increase whole body strength to enhance coordination (neuromuscular facilitation) and assist in fall and injury prevention and recovery. Half of this class is conducted in a chair and the other half while standing. Class is drop-in. Program scheduled to return in May 2019.

**Chair Yoga (Class #6818)**

On **Wednesdays (March 27 – May 29) 10:35** am to 11:50 am, Social Hall, enjoy the benefits of Yoga (flexibility, relaxation, and stress reduction) from the safety and stability of a chair. Cost: \$59. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**Discover Baseball All Over Again**

**Wednesday, March 27, 1:00 pm, Room D**

Join Ed Kallas, Recreation Supervisor I, to discover interesting facts about baseball that you did not learn on T.V. Examine unwritten rules that all players, managers and coaches live by. Learn how to “score” a game. Decipher the terms used by T.V. analysts and broadcasters. Share your special baseball memories with the group! **Registration required, please call 747-7506.**

**iPhone Photography for Beginners**

**Th., March 28, 10:00 am – 11:30 am, Media Rm**

Have you ever felt that your photos lack a little something and you want to expand your creativity to produce award-winning shots? Learn essential features of your iPhone, basic principles for great pictures, and simple editing techniques. Bring your iPhone! **Registration required, please call 747-7506.**

**Birthday Party Celebration**

Celebrate your special day on **Thursday, March 28**, at 12:30 pm in Dining Room 2. Enjoy cake, music, and good cheer with friends!

**How Fast? How Slow? Tempo in Music**

Join William Sturm, Volunteer Instructor, on **Thursday, March 28**, at 1:30 pm in Dining Room 2 for a piano recital and discussion about determining musical tempo.

**Qigong with Robert Dorsett**

**Tues., April 2 – May 14, 9:00 am-10:00 am  
Room A ~ Cost: \$52 (Class #6712)**

Qigong is an ancient discipline used to enhance the mind, body and spirit in an effort to improve health, balance emotions, and slow the aging process. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

**Mastick Senior Center**

a division of Alameda Recreation & Parks  
1155 Santa Clara Ave, Alameda, CA 94501  
(510) 747-7500-Fax 523-4071-TDD/TTY 522-5160  
Programs and services for adults 50 and older.  
Program Information: [www.mastickcenter.com](http://www.mastickcenter.com)

E-mail: [jkrause@alamedaca.gov](mailto:jkrause@alamedaca.gov)  
[ekallas@alamedaca.gov](mailto:ekallas@alamedaca.gov)

Suggestion Box: [MastickSuggestion@alamedaca.gov](mailto:MastickSuggestion@alamedaca.gov)

Weekday Program Hours 8:30 am-4:00 pm

Office Hours: 9:00 am-3:00 pm

Alameda Recreation & Parks Director: Amy Woodriddle

Recreation Manager: Jackie Krause

Recreation Services Specialist: Ed Kallas

The content of the presentations and the opinions of the presenters do not necessarily reflect those of the City of Alameda.

**Mastick Senior Center Advisory Board (MSCAB)**

**Officers**

- Mariel Thomas ..... President
- Lola Brown ..... Vice President
- Lorraine Meuleners ..... Treasurer
- Erna Simmons..... Corresponding Secretary
- Robert Frank ..... Recording Secretary

**Directors**

Patricia Bowen, Vicki Bell, Mary Foss, Paul Hauser, Lisa Jasper, Deanna Satterwhite, Bill Soares, John Swickard, Jim Thomas, and Jerry Yarbrough.

**Our mission statement:**

*Mastick Senior Center's mission is to provide a well-rounded education, social, & recreation program for adults 50 years of age and older.*

**Our vision statement:**

*Mastick Senior Center's vision is to offer a variety of quality programs and services in the areas of health, education, and recreation to our seniors and the community.*

*Mastick Senior Center thanks the following organizations for their wonderful financial support: City of Alameda, Mastick Senior Center Advisory Board, Alameda County Area Agency on Aging, and Alameda County Transportation Commission.*

**American Sign Language (ASL)**

Learn alphabetic and numeric fingerspelling, shapes, greetings, simple sentences and games with Sheila Holmes, Instructor, on **Mondays (April 8 – June 3)** in the Media Room. Cost: \$35. **Register at [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation) or the Mastick Office.**

Beginning (Class #6787): 12:15 pm – 1:15 pm

Continuing (Class #6727): 1:15 pm – 2:15 pm

**Fitness Fun on Bay Farm Island!**

The classes listed below are available at the Water's Edge Lodge Multi-Purpose Room, 801 Island Drive. To register, visit the Mastick Office or [www.alamedaca.gov/recreation](http://www.alamedaca.gov/recreation).

**Silver Salsa.....\$43**

**T/Th (4/2 – 4/25).....2:30 pm – 3:00 pm  
(Class #6971)**

**Functional Fitness.....\$63**

**M/W (4/17 – 5/31).....11:00 am – 12:00  
(Class #6764)**